

# the Gateway

The Gateway to Europe

Vol. 61, No. 05, March 14, 2003, Rhein-Main AB, Germany

## News Briefs

### **The newest E-8s**

Air Force officials plan to announce the service's newest senior master sergeants Wednesday.

The list of those promoted at each installation is releasable the first duty hour on the release date. The entire list will be posted on the Air Force Personnel Center's Web site at <http://www.afpc.randolph.af.mil/eprom/> by March 21.

### **Historical visit**

Two former chief master sergeants of the Air Force will visit Rhein-Main Mar. 31.

Retired Chief Master Sgt. of the Air Force Paul Airey, the first CMSAF and retired Chief Master Sgt. of the Air Force Sam Parish, the eighth CMSAF, will be available to all enlisted members on base.

For more information on their visit check the Mar. 28 edition of *the Gateway* or call Chief Master Sgt. Cathryn Gamsby at 330-7303 or Chief Master Sgt. Bobby Gamsby at 330-6168.

### **SGLI cost reduced**

The amount airmen pay for Servicemembers' Group Life Insurance and Family Member SGLI will be automatically reduced starting July 1.

Decreased mortality rates allow for the reductions of 1.5 cents per \$1,000 of coverage for military people and as much as a 42 percent decrease for spouse coverage. The premium for servicemembers with \$250,000 of coverage will be reduced from \$20 per month to \$16.25.



Photo by Senior Airman Marie Cassetty

## **World Cup 2003**

*(Left to right) Jose Munoz, Rhein-Main Rockets Varsity Soccer Team, battles Andreas Ihm, a member of the German Air Force deployed to Rhein-Main, during a friendly match Mar. 7 on base. The German Air Force team won the match 6-3.*

## **726th AMS sets records**

**Squadron breaks command marks for aircraft turned; passengers handled in Feb.**

**By 2nd Lt. Uriah Orland**  
Public Affairs

As the shortest month, February is not normally thought of as a record-setting month. However, the 726th Air Mobility Squadron here has made it one, shattering several of its own records in the process.

In February 2003 the squadron handled 1,774 aircraft. The aerial port, which handles additional aircraft from the State Department and other agencies, worked 952 arrivals and 915 departures throughout the month.

The logistics flight set an Air Mobility Command record with 607 C-17 Globemaster III launches, while maintaining an overall reliability rate of 87.3 percent.

The passenger terminal was also ex-

tremely busy. Personnel there were instrumental in processing 52,041 passengers, shattering the former AMC record set by the 726th AMS in January by more than 10,000.

"It's truly a team effort," said 1st Lt. Eric McGreevy, 726th AMS passenger terminal officer in charge. "When the terminal gets swamped the whole squadron helps out."

Nearly everyone was in the terminal Feb. 7 to help process an AMC-record 3,717 passengers.

The passenger terminal currently processes more military passengers than Baltimore-Washington International and Atlanta airports combined.

With such a high airflow the fuel has to flow too.

The squadron's logistics flight began working with a contractor in January and together they pumped

See **Records**, page 4

# Take time to listen:

## Helping children cope in today's uncertain environment

Media reports, adult conversations or playground talk about today's world events can be upsetting to children, especially while living in a military community overseas.

While men and women in battle dress uniforms carrying weapons are not such an unusual sight — increased security measures, demonstrations, extensive media coverage and mom or dad working longer hours do seem unusual and can have an effect on children.

For some children, it's business as usual — they seem unaware or unaffected by the events around them. Others may start to show signs of stress or fear by acting out or withdrawing.

Parents can help their children by being vigilant to any unusual behaviors such as crying spells, anger, bedwetting and new or irrational fears. Parents are cautioned not to minimize the fears or scold a child who suddenly starts behaving differently. Instead, utilize this opportunity to initiate conversation about current events.

When talking to children about these difficult topics, keep in mind the child's age, personality, level of interest and coping style. Use language that they can understand to avoid confusion or create more fear and don't burden them with more information than they need.

Don't be afraid to talk about it. Find out what your children already know, listen carefully to their spontaneous questions or comments and then respond in a supportive, appropriate way. Answer

their questions to the best of your ability and don't be afraid to say, "I don't know the answer to that, maybe we can find out together."

Don't just talk, listen. Avoid the need to lecture. Be honest and sincere. Hiding or providing inaccurate information causes children to feel confused, reluctant to turn to adults for help and mistrustful of other information.

Although it may be difficult, try to maintain a routine.

Dinnertime, bedtime, Friday video and pizza night are all familiar and lend a sense of normalcy, comfort and control. Discuss changes to the routine, such as shift changes or interruptions in planned activities.

Ensure your children maintain healthy eating and sleeping habits, and allow for plenty of exercise. Monitor television time. The extensive

media coverage of ongoing events can be frightening. Children don't always understand that the media plays the same scene or story over repeatedly and can be overwhelmed with feelings of helplessness.

Watch your own reactions. Calm parents encourage calm children. It's okay to show that you are sad or concerned, but save your intense emotions for expression with another adult.

Communicate with the child's teacher. Let them know the family is going through a difficult time and the child is having reactions. The teacher can better respond to the student's needs if kept informed of the home environment.



**By Carole Beasley**  
Rhein-Main Family  
Support Center

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*The Commander's Action Line is your direct link to me about life on Rhein-Main. It's your opportunity to recognize outstanding performers, ask questions, make comments or voice complaints. You can also use the program to report incidents of fraud, waste and abuse.*

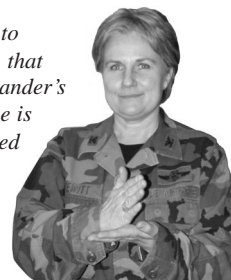
*I want to emphasize that the Commander's Action Line is not intended to replace your chain of command. In almost every case, your chain of command is the best solution. I strongly encourage everyone to use that route first.*

*If you would like a response, please leave your name, duty section and telephone number when you call so you can be contacted.*

*Issues of concern to the Rhein-Main community will be printed in the Gateway.*

*The Commander's Action Line can be an excellent tool to improve the way we live and work at Rhein-Main. I welcome you inputs.*

*Col. Christine Prewitt  
Commander  
469th Air Base Group*



When in doubt, look for outside help. The Rhein-Main Family Support Center, family advocacy, chaplains or the counseling offices at Halvorsen-Tunner and H.H. Arnold schools are good places to start.

If we all pull together and utilize our resources, we can help our children successfully navigate this difficult time.

the **Gateway**

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*The deadline for the Mar. 28  
edition of the Gateway is  
4 p.m., Mar. 20.*



Photo by Senior Airman Marie Casetty

*Staff Sgt. Seanjay Wright, 726th Air Mobility Squadron NCO in charge of document control and inventory, (left) and Staff Sgt. Jessica Lowery, 726th AMS NCO in charge of stock control, pull some of the more than 10,000 aircraft assets the squadron keeps in stock. The supply section's average monthly parts issue rate increased by 2,000 percent, from 25 parts a month to 500, when Operation Enduring Freedom began.*

## 726th AMS' record pace reaps rewards

Supply, maintenance sections bring home NAF-, command-level awards

By Senior Airman Andrew Rouleau  
Public Affairs

An increase in flight missions through Rhein-Main in 2002 created an escalated work load for personnel, and members of the 726th Air Mobility Squadron were recently recognized for their hard work.

The maintenance section recently received the 21st Air Force Small Unit Maintenance Effectiveness Award for 2002 and the supply section captured the Air Mobility Command Supply Effectiveness Award in the satellite category.

The 726th AMS generated 2,690 Operation Enduring Freedom missions that moved more than 102,000 short tons of cargo and 328,000 passengers with an overall combined maintenance departure reliability rate of 85.7 percent for C-141s, KC-135s, C-5s and C-17s in 2002.

The supply section, which is responsible for supporting the strategic airlift with aircraft parts, consists of 10 permanent party members, two civilian workers and four deployed troops, two from Charleston Air Force Base, S.C., and two from McChord AFB, Wash.

"It gets challenging because we have to train the augmentees in a lot of areas, but they pick it up very quickly," said Master Sgt. Maureen Mackey, chief of supply. "We are very fortunate, we've had some great augmentees here."

Supply tries to keep aircraft parts coming and going very smoothly, this has become increasingly difficult since the onset of OEF.

"Before Operation Enduring Freedom we were issuing about 25 aircraft parts a month," Mackey said. "Now we are averaging about four to five hundred issues per month."

The personnel are able to handle the mission so effectively because everyone that works supply for the 726th gains a well-rounded knowledge of how supply works, Mackey said.

"We are not tasked with one specified job here," said Staff Sgt. Seanjay Wright, NCO in charge of document control and inventory. "When things pick up and you don't know how to do something or where to find something you can get lost really quick. Here everyone learns everything so we are all capable."

The maintenance flight, which consists of 30 permanent party personnel and 95 TDY personnel, has also dealt with a significant increase in its workload.

"We used to average about 30 planes a month," said Master Sgt. Terry Carroll, NCO in charge of maintenance. "Now we average about 300 planes a month."

As a result, the maintenance flight shifts had to be increased. They used to work nine hour shifts with four days on and two off. At the peak of air traffic last year, they were working 12 hour shifts with five days on and two days off.

The TDY people work here on 90-day rotations, and Carroll said it takes about one week for them to learn everything about their mission here.

Carroll said teamwork and dedication were the biggest factors contributing to the successful completion of the mission, and, as a result, receiving the 21st Air Force Small Unit Maintenance Effectiveness Award for 2002.

"We have very knowledgeable people here," Carroll said. "The permanent party and TDY people do a great job of working together."



Photo by Staff Sgt. Matt Summers

## Food and fun!

*(Left, from left to right) Paula Johnson, Kayla Picinich, Kelly Lucas and Shadaja Lloyd, Rhein-Main Diamonds cheerleaders perform at the Rhein-Main Family Support Center's Free Movie and Cookout Saturday at the youth center. (Above) More than 200 children and adults enjoyed a free movie followed by hot dogs and hamburgers. The Air Force Aid Society contributed to the event as a kickoff to the Air Force Assistance Fund drive. The family support center will host a Volksmarch April 26 with a German-theme and a bratwurst burn to celebrate the month of the military child.*

## Records, from page 1

15,068,082 gallons of fuel in February.

"That's equivalent to the amount of water that flows over Niagara Falls in 25 seconds," said Master Sgt. Todd Mighell, 726th AMS maintenance senior controller.

"The contract started in October 2002 and we didn't use them at all until January 2003 — now we can't live without them,"

In January the contractors pumped more than 335,000 gallons of fuel. In one day, March 4, they pumped 284,985 gallons.

To accomplish such feats in every aspect of the job, the squadron called upon others for help.

The airmen permanently assigned to Rhein-Main have been augmented from bases throughout the United States. There are currently 46 National Guard and Air Force Reserve troops lending a hand.

"One thing that helped is we received a 24-man team from McGuire Air Force

Base, New Jersey," said McGreevy. "They hit the ground running and have been a huge success."

Eighteen airmen went to the passenger terminal and six are working in the fleet services section.

The maintenance section is currently augmented with 123 personnel from Charleston AFB, S.C. and McChord AFB, Wash. There is also a C-5 maintenance team of 11 Reservists from San Antonio, to further augment the group of 28 assigned aircraft maintainers and 12 supply technicians.

The records are a phenomenal feat and a great morale boost for the troops, according to Capt. Justin Wellen, 726th AMS aerial port officer in charge.

"More than anything, I think the records validate the shifts we work," he said. "We're working 12-hour shifts, five days on and two off."

"This is rough, but if we are moving record numbers of people and cargo, then the folks see that they are contributing to something important," he added. "Their time is not spent being idle at work, there is a need for them, and they are doing great work."

Maj. Rusty Custer, 726th AMS maintenance officer, agreed that morale is running high.

"It gives the troops a sense of pride knowing that they've contributed to the mission in such a huge way," he said. "These records provide tangible proof of their dedication and sacrifice, and they feel great knowing that these new records happened on their watch, because of their efforts."

Chief Master Sgt. Bobby Gamsby, 726th AMS aircraft maintenance superintendent, said the records were "not bad for a base that many folks think is already closed."

# Rhein-Main blotter

compiled by Staff Sgt. Patrick Gaudet



**Feb. 2** — Security forces received a complaint of a loud noise coming from the day room of Bldg. 348 (contingency lodging). Patrols made contact with an enlisted member assigned to Charleston Air Force Base, S.C. The individual verbally assaulted the security forces members as well as other personnel in the building. Security forces apprehended the airman and took him to the security forces control center for further processing.

**Feb. 2** — A law enforcement patrol detained an NCO assigned to the 726th Air Mobility Squadron for suspicion of driving under the influence of alcohol. Field sobriety tests were administered, which the individual failed. The individual was transported to the SFCC for further processing and later released

to his chain of command.

**Feb. 6** — An enlisted soldier assigned to the 64th Replacement Company entered the SFCC and said he was in deserter status. The individual was processed accordingly and released to his chain of command.

**Feb. 7** — The polizei apprehended an enlisted member assigned to Wright-Patterson Air Force Base, Ohio, after he was involved in a traffic accident adjacent to the Frankfurt Bahnhof and fled the scene. Polizei later initiated a traffic stop on the individual and requested he submit a sample of his breath to determine alcohol content. Subsequent investigation revealed the individual was intoxicated. The airman was apprehended and transported to the 4th Polizei Precinct for further processing.

**Feb. 15** — A security forces member detained a civilian assigned to Pa-

cific Architect Engineering for possession of a controlled substance. While conducting a vehicle inspection the SF member confiscated a plastic bag containing three small pieces of an unknown substance. The substance was tested and determined to be marijuana. The individual was released to polizei for further processing.

**Feb. 24** — An airman assigned to the 469th Air Base Group was apprehended by polizei in Frankfurt for shoplifting. The airman was processed by German authorities and released to his first sergeant.

**Feb. 24** — The dependent son of an NCO assigned to the 469th ABG assaulted the dependent son of an NCO assigned to the 726th AMS. The individual was detained and transported to the SFCC for further processing. He was later released to his sponsor.

## Proper recognition due German military at Rhein-Main

With the recent influx of German troops at Rhein-Main, it's important to recognize and understand the rank of both enlisted members and officers who will frequent establishments on base.

According to Air Force Pamphlet 36-2241 Volume 1, *Promotion Fitness Examination Study Guide*, Air Force members should salute commissioned officers and pay the same

respect to the national anthems and flags of other nations as rendered the U.S. anthem and flag. While it's not necessary to learn the identifying insignia of the military grades of all nations, airmen should learn the insignia of the most frequently contacted nations.

Following are German rank insignia of enlisted members and officers on base and their corresponding Air Force rank:



**Flieger**  
(airman  
basic)



**Gefreiter**  
(airman)



**Obergefreiter**  
(airman  
first class)



**Hauptgefreiter**  
(senior airman)



**Stabsgefreiter**  
(sergeant)



**Unteroffizier**  
(sergeant)



**Oberstabsgefreiter**  
(staff  
sergeant)



**Stabsunteroffizier**  
(staff  
sergeant)



**Feldwebel**  
(technical  
sergeant)



**Oberfeldwebel**  
(technical  
sergeant)



**Hauptfeldwebel**  
(master  
sergeant)



**Stabsfeldwebel**  
(senior master  
sergeant)



**Oberleutnant**  
(first  
lieutenant)



**Hauptmann**  
(captain)



**Major**  
(major)



**Obersleutnant**  
(lieutenant  
colonel)



*Dzincielewski was born within a stone's throw of the Berlin Wall in the small town of Kleinmachnow.*

**By 2nd Lt. Uriah Orland**  
Public Affairs

While many Americans may remember the day the Berlin Wall fell, it came and went without much thought. However, for Senior Airman Anke Dzincielewski (zin sil les key) it was an event she will never forget.

Senior Airman D., as coworkers call her, was born and raised in Kleinmachnow, a small town on the southwest corner of Berlin. The supply technician deployed to the 16th Expeditionary Support Squadron at Rhein-Main, grew up knowing that the West was there but never really thought much of it.

"We knew of the other side of Germany but it seemed really far away, even though it was so close," she said. The wall was only a couple of hundred meters away from her home.

Although life in a socialist country may seem strange to Westerners it was fairly normal according to Dzincielewski.

"We went to school until tenth grade and then we started our apprenticeship," she said. "Life was structured, but we didn't know any thing different."

She began her apprenticeship in data transfer and accounting in September 1989.

Dzincielewski did the usual things kids do growing up. She was fond of sports, particularly bowling. She would watch television programs from the West but didn't notice much

difference from the East.

"Everyone watched but no one talked about it — we knew we shouldn't," she said. "I never thought about going to the other side of the wall. We grew up with it and it was a part of our life."

"We just didn't know anything different," she added. "It was a good life — there were no drugs or guns, only smoking and drinking."

After the wall came down, life wasn't always as good.

"The first few months were great — everyone was partying like a big family," she said. "But, after about a year, we got the same currency and then the problems started." The financial gap

between the East and West had to be born mainly by the West.

Despite the politic difficulties, life continued as usual. She joined a German-American bowling league and in 1993 met Steve Dzincielewski, a member of the U.S.



*Dzincielewski enjoys one of her favorite things about Germany, bakeries, with coworkers Staff Sgt. Shawn Campbell (left) and Master Sgt. Robert Atherley.*

# East meets West

German-born airman becomes 'red-blooded' American

Army, and her future husband. They dated for several years and were married in 1999.

After finishing her apprenticeship she began working for the U.S. government and ended up in Kaiserslautern.

She always liked Americans and their way of life.

"Germans have one way of doing some-

thing — that is the only correct way to do it," she said. "Americans are different. They have no worries,"

"It's really a different lifestyle," she added.

When she started talking about joining the military, her husband had simple advice for her.

He said "I've been in the Army for 12 years — you are not going to join the

Army. If you join, it will be the Air Force." So she did. Steve did too. He is a communications officer in the Air Force Reserve assigned to U.S. Air Forces in Europe commander's support staff at Ramstein Air Base. He is currently deployed to Ganda, Spain.



*Dzincielewski inspects the dates on gas mask canisters to ensure they are current. The equipment is used by troops heading to NATO operations in the Balkans.*



*Dzincielewski keeps her favorite coffee cup within arms' reach.*



*Senior Airman Anke Dzincielewski, 16th Expeditionary Support Squadron, pauses near the Berlin Airlift Memorial at Rhein-Main.*

During basic training at Lackland Air Force Base, Texas, she couldn't wait to finally put on the uniform as an airman.

"I was so proud to be in the military — I couldn't wait to get the uniform," she said. "The youngest girl there was 17, I was 27. They all cried and wanted to go home."

"I loved it because I already went through the separation from home," she added. "It was amazing to grow up enemies and now we were in the same uniform."

Her parents are also proud.

"They show everyone my picture from basic training," she said. "They think it is great that I am in the military."

Dzincielewski's is currently completing her first tour of duty in the 28th Logistics Readiness Squadron at Ellsworth Air Force Base, S.D.

"When I first joined I thought that I would do my four years and see if I liked it," she said. "I will definitely re-enlist now but I may change career fields. I want to work with computers."

She is working on her degree in information technical network administration/management from the National American University.

The senior airman has been deployed to Rhein-Main since December 2002 and will be here until June. She is a supply technician and her duties include issuing equipment to

deploying troops going to SFOR and KFOR operations in the Balkans. She issues C-bags, helmets, flak vests, and sleeping bags.

"Senior Airman Dzincielewski is one of my most motivated troops," said Capt. Richard Macalino, 16th ESS commander. "She's so happy just to be a part of our great armed forces. She's an inspiration to my entire squadron. She's always there for us, always volunteering her services."

"Every now and then she would remind us how fortunate we are to be Americans and to enjoy the freedom that we have," he added. "She has won every award we have in the squadron for this quarter and she deserves it. Having her in the squadron makes my job a lot easier and it also makes me proud to be her commander."

Her supervisor, Master Sgt. Robert Atherley added his respect for Airman D.

"I can't say enough about SrA

Dzincielewski... she is my best troop," he said. "Her outstanding work ethics, along with her independence as a self-motivator, has allowed this section to exceed everyday mission requirements."

"I cannot say enough about her dedication to duty and the love she expresses in becoming an American citizen," he added. "I'm truly blessed to have such a professional individual working for me."

Indeed, Airman D. does exhibit what it truly means to be an American. She is currently working to receive her citizenship and hopes to be stationed in Florida with her husband in the future.

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*Photos by  
Master Sgt. Keith Reed*

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# Tuesdays have never been so popular

Base organizations prepare weekly meals for deployed troops

Story and photos by  
2nd Lt. Uriah Orland  
Public Affairs

In an effort to take care of the airmen deployed here, several organizations recently united to start a Tuesday night meal.

Carole Piontkowsky spearheaded the idea.

"After visiting troops with the chaplains I realized that a lot of airmen deployed here weren't happy," Piontkowsky said. "They are over worked and under a lot of stress and unfortunately Rhein-Main doesn't have a lot to offer."

Piontkowsky called on Heidi Polhemus, Cecilia Kitterman and Kacy Rodriguez to discuss options of what could be done.

The group decided on a Tuesday night meal because the commissary is closed and other places sometimes run out of food. In addition, it would give the community a chance to say thank you for all the airmen's hard work.

With help from the chapel they identified the organizations that work around the clock.

"The meals are mainly for the contingency troops who are deployed here," Chaplain (Lt. Col.) Dennis Kitterman said, "but we include security forces and the fire department too."

Every Tuesday the community serves between 370 and 450 people. Meals are taken to the flightline, security forces, fire department and even the German soldiers at the gate. In addition to the delivered meals, there is also food served



at the chapel for transiting troops.

Although the chapel is a gathering point and plays a role in the meal, it is not the only organization helping out. It's a Rhein-Main community event, according to Piontkowsky.

"The community has been incredible," she said. "Everyone is chipping in to help make it a success every week. The scouts are helping, different organizations, almost every club, teachers and even the consulate. It is really fantastic."

The program is even drawing the attention of Ramstein. The Ramstein Enlisted Spouses Club donated \$1,000 to help with supplies and food.

"The program is well received," Chaplain Kitterman said. "Every troop has a story to tell and people like listening to their experiences."

"It's not only the food that we share but it is evidence that people care," he added. "Above all the meals say thank you and we care."



(Top, from left to right) Paige Williams, Jose Munoz Jr., and Marissa Munoz prepare bags of cookies for airmen working the night shift. (Above) Cecilia Kitterman (left) and Margaret Monfardini distribute pans of pasta.

Volunteers are needed to prepare and serve food and clean-up after the Tuesday night meal. For more information, call the chapel at 330-7501.

## Legal 101: *military maintains unique system*

After reading my article in the Jan. 31 *Gateway*, "Legal 101: an introduction to military justice," some of you may have asked, "Why do we have to have these rules and laws here? I can understand when deployed, but why have a separate system here in Germany where they have courts, judges and police?"

Overseas, the military wants to take care of its own. Although we could allow local nations to try, convict and confine our members, we've agreed with the German government that this is not the best approach. Rather than remove you from the mission and subject you to a foreign court procedure with different rules and a different language, we work to maintain jurisdiction for any American servicemember's misconduct.

For instance, if a servicemember is caught driving while intoxicated off-base, we'll get jurisdiction for the commander to take action instead of waiting for the German courts to act. We also address some unique military offenses. For example, failure to go to work is not a crime under the German law, but repeated lateness to the duty section may eventually result in punishment for a military member under Article 15.

We therefore have our own system to enforce some of our unique rules while also ensuring that misconduct is effec-

tively and swiftly dealt with without getting involved in a foreign system.

Even back in the United States, where courts are familiar and well known, it still makes sense to maintain this independent system.

Ultimately, commanders have a need to maintain good order and discipline within their units. Military justice provides commanders the tools to do this.

Commanders can better improve morale, enforce standards and maintain mission effectiveness through the consistent application of justice.

When a commander takes non-judicial punishment against a member for driving while intoxicated, it sends a clear message to the rest of the unit that such conduct is unacceptable. When a commander court-martials a member for stealing from

another member's home, the commander helps stop a morale problem and avoid a break down in his or her unit's cohesion.

The independent system of justice is the number one means to help a commander truly command a unit.

Each of us agrees to abide by this independent system when we begin our service. Whether you enlisted, swearing to follow the Uniform Code of Military Justice and obey the orders of those appointed over you, or you received a commission – this separate system

provides a framework for our daily life and a support for our overall success as an armed force.

What can commanders and supervisors do to enforce rules in this separate system? Some of you know from painful experience what tools are available, but still it is good for everyone to understand exactly what different actions exist in our military environment.

The most commonly used tools are "administrative" in nature. These tools are the ones many people see or hear about quite often.

Supervisors and commanders routinely use performance feedback sessions, verbal counselings, letters of counseling, and letters of reprimand to inform subordinates of unacceptable behavior or duty performance and what needs to be done to improve the situation.

If a member continues to follow a negative course of conduct, a commander may decide to place a letter of reprimand within an unfavorable information file. This file will travel with the member when they change stations and may affect promotion dates and Weighted Airman Promotion System testing. A commander may also decide to place a member on a control roster, which stops any TDYs, PCS or promotions until the person is taken off the roster.

*In my next article I'll discuss two of a commander's most powerful tools, the Article 15 nonjudicial punishment process and trial by courts-martial.*



By Capt.  
Douglas Rawald  
469th ABG  
Legal Office

## March is Women's History Month

The Department of Defense celebrates Women's History Month throughout March.

For more information on how women have served their country throughout its history, visit <http://www.defense-link.mil/specials/womenhistory03>.

One group of women who played a role in World War II were

the Women Airforce Service Pilots.

WASPs flew virtually every type of aircraft from light trainers to heavy four-engine bombers. They flew about 60 million miles or 2,500 times around the world at the Equator, with 38 deaths.

Before and after graduation their accident rate was comparable to that for male pilots doing similar jobs.



Courtesy photo

## Stressed-Out Word Scramble

Unscramble the letters and fill in the blanks to finish the sentence. Then replace the symbols at the bottom of the page with the letter above a symbol in the word scramble to uncover the three "wise" proverbs.

## Take the 469th Air Base Group safety challenge!

In an effort to increase safety awareness at Rhein-Main the safety office created the safety challenge. The challenge will run once a month in *the Gateway*. The first member of Team Rhein-Main to correctly complete the Stressed-Out word scramble and return it during normal duty hours to a member the 469th ABG safety office, room 132, Bldg. 347, will win a random prize. The answers and the name of the winner will be published in the Mar. 28 newspaper.

### Six Ways To Help Yourself Handle Stress

1. Drinking \_\_\_\_\_ (nytepl) of \_\_\_\_\_ (udslfi) is particularly important for anyone experiencing a lot of \_\_\_\_\_ (tessrs).  
! # % @
2. Clear up the \_\_\_\_\_ (utrectl) in your life by giving away or throwing away the \_\_\_\_\_ (nthsgi) that get in your way.  
^ \$ & \*
3. Take \_\_\_\_\_ (miet) out for a \_\_\_\_\_ (byohb) you truly enjoy, whether it's knitting, playing the piano, or puttering around the \_\_\_\_\_ (nregda).  
+ = ~ + < ?
4. Get \_\_\_\_\_ (onuheg) sleep. Go to \_\_\_\_\_ (ebd) at the same time every night and \_\_\_\_\_ (kawe) at the same time every \_\_\_\_\_ (nnrimgo)—if possible.  
\* @
5. Keep a \_\_\_\_\_ (croder) of the things that make you feel stressed. This will help you to become \_\_\_\_\_ (waaer) of the real stressors in your life.  
★
6. Getting a \_\_\_\_\_ (tpe) can be an \_\_\_\_\_ (lexeetcnl) way to \_\_\_\_\_ (uderec) stress. Merely \_\_\_\_\_ (gttpnie) a friendly animal can help lower blood pressure.  
★



## PROVERBS

< # ♦ \* + \$ + ~ ★ + < @ < & < # @ ~ < ^ ~ = # + — Hebrew

= = ★ ★ ♦ # = \$ \* = ★ @ @ \* ! ! @ & < # — Maltese

& + \* & = \* ! ? ~ + & + < ! \$ & + ! + \$ & \* & ~ + ^ & + + ★ % \* ! — Welsh

## Rhein-Main Force Protection—Your life depends on it

While stationed in Germany or as people visit one of the many unique and exciting places in Europe, they must keep personal safety in the forefront of their planning.

The terrorist philosophy and preference for targets continues to be represented by this excerpt from an Al-Qaeda training manual written in 2000: "We don't have to attack a tiger if we can attack the lamb."

Despite the terrorist's continual search for softer targets, vigilance on the part of every government employee can substantially lower the risk of attack.

Below are some general rules to remember:

- Be alert for anything suspicious or out of place.
- If you think you're being followed, go to a pre-selected, secure area.
- Don't give out personal information over the telephone.

— Immediately report all suspicious incidents to security forces, Air Force Office of Special Investigations or polizei. Incidents include, but are not limited to:

— Personnel observed near the installation using or carrying video/camera/observation equipment with high magnification lenses.

— Personnel observed with installation maps or facility photos or diagrams with facilities highlighted or notes regarding infrastructure or listing of installation personnel.

— Personnel observed parking, standing or loitering in the same area over a multiple-day period with no apparent reasonable explanation.

— Theft of military identification cards or government license plates off post. Non military persons with military ID cards.

(Courtesy of 469th Air Base Group security forces)

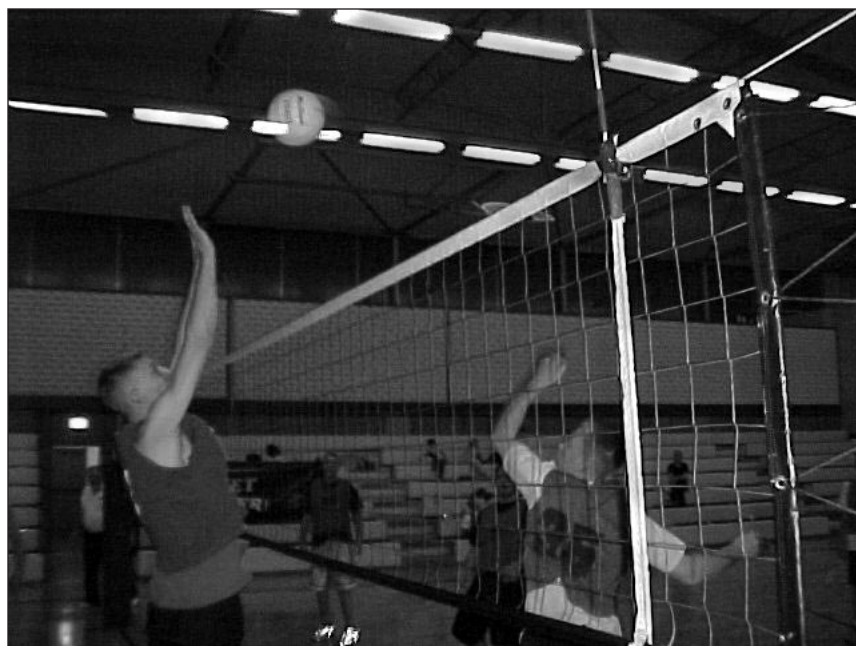


Photo By Senior Airman Andrew Rouleau

## Look out below

*Doug Carson, 469th Air Base Group Clinic, goes up to block Larry Bright, 469th ABG Communications Flight team, in an intramural volleyball matchup Tuesday. The comm flight beat the clinic 25-21 and 25-18. For entire standings see table below.*

### V-Ball Standings

1-	Consulate	5-0
2-	Comm	5-1
3-	Clinic	5-2
4-	726th AMS	4-2
5-	64th RC	3-5
6-	16th ESS	3-5
7-	AAFES	1-6
8-	Services	0-7

## Rockets take third in small units tournament

**By Staff Sgt. Matt Summers**  
Public Affairs

The Rhein-Main Rockets were brought back to earth Saturday as their reign over small unit basketball teams in Europe came to an end following an 81-67 defeat at the hands of Naval Air Station Keflavik.

Rhein-Main was eliminated by the eventual U.S. Air Forces in Europe small unit champions Keflavik during Saturday's semifinals at Vogelweh. Keflavik defeated Alconbury 90-84 in the finale.

The semifinal loss was the Rockets' second at the hand of the Vikings, the first coming 91-86 in pool play Mar. 7.

"Our squad was clearly viewed as the best team in the tournament – but when only seven of nine players show up, you're at the mercy of the system," said Donald

Reynolds, Rhein-Main coach. "The substitutes we lacked were paint players so when our starters got into foul trouble there were no subs to assist."

Rhein-Main's depleted squad began the tourney Mar. 5 by defeating Geilenkirchen 67-49. Kenny Bean led the Rockets with 18 points, while Andy Rouleau and Robert Holmes chipped in 17 and 11 respectively.

The Rockets dominated their next opponent, Volkel, posting a 96-51 win. Holmes and Rouleau led with 22 and 21 respectively. Bean and Joe Freeman netted 13 apiece while Ed Smith chipped in 12.

Keflavik then handed Rhein-Main their first loss of the tourney. Despite leading by as many as 15 in the first half in their first game against Keflavik, Rhein-Main's discipline and lead fell apart in the second half.

"We shot ourselves out of the game," said Bean. "We stopped running our plays and started forcing up bad shots."

Rhein-Main bounced back in elimination play by drubbing Stavanger 73-50 to advance to the semi-finals, and a rematch with Keflavik. Bean led with 17, while Holmes scored 14. Quinton Smith netted 13 and Freeman dumped in 10.

Reynolds said playing with seven men against the full 10-man squad of Keflavik hurt his team's chances to repeat as champions.

"We simply ran out of gas in the last five minutes," he said.

Bean agreed. "We just didn't have the legs," he said. "We didn't step up when we needed to."

"They were the stronger team that day," he added.

## Three-on-three basketball tournament

The Rhein-Main African-American Heritage Committee, with assistance from the fitness center, holds a three-on-three basketball tournament at 10 a.m. March 22 at the Rhein-Main fitness Center.

Trophies and cash prizes of \$80, \$60 and \$40 will be awarded to the first, sec-

ond and third place teams.

The deadline for entry is 9:30 a.m. Saturday. Entry is free. Co-ed teams are welcome to participate.

For more information or to sign up call the Rhein-Main Fitness Center staff at 330-7151.

## Registration

The University of Maryland University College will hold Term IV registration from Monday through Mar. 28.

Contact the UMUC field representative at DSN 330-7434 or commercial 069-699-7434 for more information.

## College courses

The City Colleges of Chicago has begun Term 4 open registration for college courses via distance learning.

Courses include, but aren't limited to astronomy, biology, business, English, German, Spanish, humanities, math, music, oceanography, psychology and U.S. history.

Call 330-7722 for more information.

## SABC classes

SelfAid Buddy Care classes are scheduled from 8 a.m. to noon Thursday and Mar. 27 in the base clinic conference room.

For more details, call Tech. Sgt. Anthony Brown at 330-4294.

## Scholarship opportunities

The Kaiserslautern Military Community Top 3 sponsors a scholarship program for active duty, civilians and their family members.

Scholarships range from \$100 - \$500 and the Rhein-Main community is eligible to apply. Applications are available at the Top 3 Web site at <https://www.mil.ramstein.af.mil/organizations/kmctop3>.

The application deadline is April 20.

## Comedy Show

Comedy After Dark takes

## Mission Spotlight



Photo by Senior Airman Marie Cassetty

*Wanda Pohlman, information referral specialist at the family support center, assists some customers. Her duties include customer service, referrals for classes and training and assisting in various other FSC needs. The Corona, Calif., native lives here with one of her four sons and her husband. She is a board member of the community spouses club and is the chairperson for the Rhein-Main Bazaar.*

place Wednesday at 8 p.m. in the Rocket Sports Lounge.

Come see comedians as seen on HBO's Def Comedy Jam, Showtime at the APOLLO and BET Comic View.

The show is free.

## SAC Meetings

A Halvorsen-Tunner School Advisory Council meeting takes place Thursday at 4 p.m. in the school library.

Parents are encouraged to come and learn about school issues and become active in the SAC.

An H.H. Arnold School Advisory Council meeting takes place Thursday at 4 p.m. in the H.H. Arnold Media Center.

## Conflict Management

Spats between kids are a

natural and a normal way of learning.

When conflicts erupt into fighting, destructive behaviors or other types of abuse, it's time to learn some new conflict management skills.

A Conflict Management Class takes place at Our House March 26 at 4 p.m.

The class is appropriate for children ages 9-14.

To sign someone up or for more information call Our House at 069-699-7992.

## Tuition assistance

Due to changes in the Air Force tuition assistance policies, AF officers may apply for 100 percent tuition assistance for German as well as other foreign languages.

German 111 is being offered during Term IV by the

## Movies

**Tonight** - "Lord of the Rings: The Two Towers," (PG-13), 7 p.m.

**Saturday** - "The Wild Thornberrys," (PG), 5 p.m., and "Two Weeks Notice," (PG-13), 7:30 p.m.

**Sunday** - "Shanghai Knights," (PG-13), 7 p.m.

**Wednesday** - "Cradle 2: The Grave," (R), 7 p.m.

**Mar. 21** - "Catch Me If You Can," (PG-13), 7 p.m.

**Mar. 22** - "Pinocchio," (G), 5 p.m., and "Antwone Fisher," (PG-13), 7:30 p.m.

**Mar. 23** - "Daredevil," (PG-13), 7 p.m.

**Mar. 26** - "Tears of the Sun," (R), 7 p.m.

*Movies and times  
are subject to change.*

University of Maryland.

For details contact the education center at 330-7484 or the university at 330-8236.

## New ID Cards

The mass issuing of the new ID cards begins for military members, civilians and local nationals March 26.

Unit commanders will be notified when sections should report to the orderly room.

## Appreciation Night

A club membership appreciation night takes place from 5 to 8 p.m. March 28 at the Zeppelinhaus.

There will be an oriental buffet, karaoke and a raffle for a bike.

The appreciation night is free for club members and \$7 for nonmembers.

